

Mountaineer

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April 8, 2004



Photo by Sgt. Jack Morse

Lining up . . .

Soldiers from the 4th Infantry Division's 3rd Brigade Combat Team unload an M-113 tracked vehicle at Camp Arifjan, Kuwait. The vehicles are being cleaned and prepared for shipment back to Fort Carson.

Local Holocaust survivor to visit post

by Sgt. 1st Class Alfredo F. Diaz
10th Special Forces Group
Equal Opportunity Advisor

Fort Carson will observe the Days of Remembrance at the Elkhorn Conference Center Thursday from 11:45 a.m. to 1:15 p.m.

David Bram will be the featured guest speaker and Rabbi Donald Levy, who is the Jewish Chaplain at the Air Force Academy, will also provide remarks. In addition to these guest speakers the program will consist of a free kosher food sampling and display booths depicting events which happened during the Holocaust. The 10th Special Forces Group and the 7th Infantry Division invite everyone to join in this observance.

The purpose of the Days of Remembrance observance is to reflect upon, to learn about and never forget what happened to the millions silenced during the Holocaust.

Bram, the guest speaker, will present a short introduction and then field questions about his experience in several concentration camps.

Bram, now a Colorado Springs businessman, entrepreneur, community volunteer, husband of Zita, father of four, grandfather of eight and great-grandfather of one, survived the attempted genocide of Adolph Hitler's Third Reich. In 1940, Bram, just a

See Survivor, Page 4

Civilian contractors to assume Fort Carson's gate security responsibility

by Pfc. Clint Stein
Mountaineer staff

Monday morning started off a new week with some new faces checking identifications and security at the gates of Fort Carson.

The new civilian security gate guards started their on-the-job training Monday in becoming the latest security at the Mountain Post.

"Most of the new security personnel have prior military, security or police backgrounds," said Capt. David Countryman, AIUTIHQ-Wackenhut Services Inc. "They had to go through some training on weapons, first aid, mil-

itary customs and a physical fitness test."

Once hired, the 148th Military Police Detachment assisted in the training and weapons qualifying, said 1st Lt. Michael A. Burgwald, 148th MP Det. "The weapons qualifying and physical fitness test were about the same as the 148th's," said Burgwald. "They also had to put an extensive amount of hours in learning Colorado law as well as military courtesies."

Wackenhut was first contracted by Fort Bragg, N.C. in August as a trial project for other Army posts, said Wayne Meeusem, project director for

Wackenhut. "There are about 295 security employees at Fort Bragg and the command there seem to be pleased with the progress," said Meeusem.

"Fort Bragg was a good testament to Wackenhut and they have well exceeded my expectations here," said Burgwald.

Although Wackenhut is still taking applications for more security guard employees, they have received a great response from the community, explained Meeusem. "Many people are coming out of retirement, or just wanting to help out," Meeusem added.

Eventually there will be around 100

security employees on Fort Carson who should be working at all the gates by the middle of May, said Meeusem. Gate 1 and Gate 3 will be totally operated by the new security guards beginning today and more gates will be occupied by the civilian security as they are trained, said Meeusem.

There are about 70 Department of Defense police who will help patrol the gates with the new security officers as well, said Countryman. "The security officers can capture and detain, while the DOD have the arresting authority,"

See Security, Page 4

INSIDE THE MOUNTAINEER

Opinion/Editorial
One year of OIF. Page 2

Military
Amputee. Page 5

Community
Payday loans. Page 13

Sports
Home style workout. Page 14

Happenings



Pueblo's Rosemount Museum is one of the nation's finest Victorian-era houses.

See Page 31, 32.

Feature



Fort Carson hosted its annual intramural basketball tournament March 29.

See Page 26, 27.

What's new

Fort Carson will celebrate the Easter holiday by hosting a "Hatching New Ideas" egg hunt and information center at the Youth Services Building Saturday 10 a.m. to noon.

Post Weather hotline:
526-0096

OIF: Soldier reflects on year of courage, sacrifice, heroism

Commentary by Sgt. 1st Class Donald Sparks
Army News Service

When I was asked to write an editorial reflecting on the one-year anniversary of Operation Iraqi Freedom, initially I thought it would be too easy to transfer my thoughts to my fingers — yet this piece was a struggle.

I couldn't keep track of how often I pressed my backspace key or how often I deleted entire sentences and paragraphs because I knew whatever I wanted to say — it just had to be right. And then I recalled a quote from former Sergeant Major of the Army George W. Dunaway in a 1990 interview with the Center of Military History on the American Soldier.

I studied line by line his words and it is appropriate as we look back on a year in which our Army and the resolve of the American Soldier have been tested and friendships on the battlefield have been forged.

"The American Soldier ... is unbeatable in war." The entire world witnessed first hand how lethal a well-trained, well-equipped Soldier can take out his enemy on the battlefield. Breaking tradition and putting aside its differences with the media, the Department of Defense allowed embedded journalists and reporters to eat, sleep and get dirty with Soldiers.

Although there was some early debate and griping from the American public about how much news coverage was too much, there is no question the role of the media played in delivering into our homes the successes and determination of the American Soldier on the battlefield.

"We cannot give the American Soldier too much credit ... he deserves everything we can do for him and he deserves all the respect we can show him." When Time magazine announced the American Soldier as its Person of the Year, there had to be an overwhelming sense of pride for each and every Soldier wearing the

uniform.

I hurriedly went and bought a copy. The anticipation of reading profiles of courage, stories of strife and passages of survival was worth the wait. And to quote one of the Soldiers on the cover, Sgt. Ronald Buxton, "It's not just us," Buxton said of the Person of the Year award. "It's all of us, all the Soldiers."

It seems in time of peace the American Soldier is forgotten. Yet in times of war, the American Soldier becomes an integral part of the American conscience. Instantly the freedoms our nation takes for granted each day is remembered when each flag-draped coffin returns home. The American Soldier deserves respect for going into a foreign land and eradicating a regime of terror, pulverizing its foe and surviving moments in hell.

"They perform their duties magnificently and bravely." Whether it was on CNN, Fox News or MSNBC, the images of the American Soldier throughout the Operation Iraqi Freedom campaign displayed the significance of the Noncommissioned Officer Education System.

In many instances it was the young sergeant preparing and leading troops into harm's way. As the first line of the NCO Creed states, No one is more professional than I." Indeed the American Soldiers were professionals in carrying out their missions in Iraq.

"They don't make policies, and they don't declare war." By no means is this line to be interpreted that the American Soldier is a pawn on a chessboard. We simply do what we're told to do and we follow orders. The American Soldier on the battlefield doesn't care about duty, honor and country. The American Soldier cares about his teammate to his front, to his left, to his right and to his rear.

The American Soldier doesn't have the time to play politics on the battlefield. During the past year the

American Soldier has served his country and his fellow Soldier. And when the order was given to fight, indeed the American Soldier did.

"But they fight, they bleed and they die." This past year more than 500 American servicemembers have died in support of Operation Iraqi Freedom. It was someone's son, daughter, husband, wife, brother or sister. Those Americans gave the ultimate sacrifice serving our nation and also securing the freedom of the Iraqi people.

I was told once a warrior's life is a lonely time with little joy, little thanks and visions not too kind. I'd like to think those brave warriors who died during this past year had their share of moments of joy, they've been thanked more than once for serving their country and they've envisioned many days of kindness.

We must all remember, one year later, name-by-name of those Americans, for they fought, they bled and they died.

"And they do it unhesitatingly." I've told many Soldiers, "The Army isn't for everybody and everybody isn't for the Army." For those who serve our nation and are sent into harm's way, we all know there are no guarantees on the battlefield — except for death. When the American Soldier goes into the valley of the shadows of death, he goes unhesitatingly. The American Soldier, during the past year in support of Operation Iraqi Freedom, has done the nation proud. Mama might not understand why her son or daughter volunteers for deployment. The American Soldier can tell mama there are values like loyalty, duty, selfless service, honor, integrity and courage we all use and hold close to us. Those values, and more, we share — unhesitatingly.

(Editor's note: Sgt. 1st Class Donald Sparks is the NCOIC for the Army Intelligence Center and Fort Huachuca Public Affairs Office.)



What are some tips you have for saving and budgeting money?



"Shopping at the commissary, buy in bulk ... like meats and sugar."
Sharon Cook
family member



"Using coupons helps, and finding sale items in bulk."
Dana Kitchin
family member



"I look for all the sale items when I first walk in a store."
Spc. Kenneth Knutson
Medical Department
Activity



"... pay yourself first ... saving \$10 can really add up."
Sgt. Keith Sydnor
3rd Armored Cavalry
Regiment

LETTERS TO THE EDITOR

The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR 360-1, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 6151 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

80903, phone (719) 634-1593. The *Mountaineer*'s editorial content is edited, prepared and provided by the Public Affairs Office, Bldg. 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144.

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News

Army releases well-being study findings

by Spc. Lorie Jewell
Army News Service

WASHINGTON — A mental health advisory team sent to Iraq and Kuwait last year to study the well-being of Soldiers, amidst concern over the increasing number of suicides, concluded the Army's behavioral health care system works overall but can be improved, officials said.

There were 23 suicides in the Operation Iraqi Freedom theater in 2003, a rate of 17.3 per 100,000 Soldiers, according to team members who spoke to media Thursday in the Pentagon. That's higher than the Army-wide rate of 12.8 per 100,000 for the 76 suicides that occurred in 2003 — including those in Iraq and Kuwait — but lower than the U.S. national average of 21.5 per 100,000 for young men ages 20 to 34, which is the Army's largest demographic group and the one most at risk for suicide, the team said.

The cause of three 2003 OIF deaths has not been determined. This year, one suicide has been reported in OIF and one death has yet to be categorized. Seven Soldiers have committed suicide to date since returning.

Of the confirmed 2003 suicides 21 were men — mostly young and in lower enlisted ranks — and two were women, working in a variety of military occupational specialties. Three were combat engineers, two infantrymen, two automated logistical specialists, two food service operators, one unit supply specialist, a field artillery auto-

mated tactical data systems specialist, a human intelligence collector, an air traffic control operator, a civil affairs specialist, a signals intelligence analyst, a petroleum supply specialist and a military policeman.

Two were Reserve component Soldiers; nine were married. One suicide was attributed to an overdose of an over-the-counter pain reliever, the rest were from gunshot wounds, the report said.

The 12-member advisory team of Army psychiatrists, psychologist, social work officer, occupational therapist, psychiatric nurse, researchers, personnel specialist, chaplain and mental health specialists were in theater from Aug. 27 through Oct. 7, 2003. They surveyed 756 Soldiers — 82 percent had engaged in combat — and talked with 34 focus groups of Soldiers, 116 behavioral health providers, 41 unit commanders, 154 primary care providers and 94 unit ministry teams.

The survey showed 87 percent of the Soldiers were concerned over not knowing how long they would be deployed. The length of deployment (71 percent), separation from family (57 percent) and lack of privacy and personal space (55 percent) were also causes of high concern.

Soldiers indicated their most troubling experiences in combat came from seeing dead bodies (67 percent), being shot at (63 percent), being attacked or ambushed (61 percent) and knowing someone who was killed or seriously wounded (59 percent).

Despite these experiences, the mental health advisory team survey showed that 77 percent of Soldiers reported mild or no stress problems. Col. Virgil Patterson, who headed the advisory team, noted that at the time of the survey, Soldiers were serving in a combat zone that, in addition to the dangers and stressors associated with combat, offered little physical comfort. Soldiers were living in tents in the sand, the heat was intense, access to hot meals and showers was inconsistent, and communication with family and friends back home was difficult and sporadic, Patterson said. In this environment, 16 percent of Soldiers did report moderate stress, and 7 percent of Soldiers reported severe stress.

Also, 72 percent of the Soldiers said their unit morale was low and 52 percent said their own morale was down.

Because this is the first such study done in a combat environment, health care officials do not have any previous data to compare to when examining the issue of stress, Patterson added.

"During combat, Soldiers are very isolated in an austere environment," Patterson said. "It was a pretty miserable set of conditions at that time."

Living conditions, meals and access to telephones and Internet have since improved for many Soldiers, he added.

The team also found that getting help for mental

Survivor

From Page 1

boy of 13, was rounded up with fellow family members, along with other Polish Jews, and forced to work in labor camps in Poznan, Breslau, and Gross-Rosen in Poland.

In 1943, he was transferred to Auschwitz-Birkenau and from there to a subcamp of Mauthausen in Ebensee, Austria, where he was eventually liberated by the American's 3rd Armored Cavalry Regiment on May 5, 1945.

His five tragic and painful years in Hitler's concentration camps are dotted with incidents of luck, determination, devotion, faith and heroism.

In 1947, alone in the world without a single family relative, Bram immigrated to the United States, and in 1954 he settled in Colorado Springs. It was here

in Colorado that he fashioned his dreams and set goals for his future. His life has been a constant reminder of how precious freedom is that so many take



for granted, how resilient the human spirit is and how utterly destructive intolerance is.

Our national leaders recognized the need to remember victims of the Holocaust like Bram and designated a week each year to reflect on this tragedy. During the first obser-

vance in 1980 the congress proclaimed:

"Whereas, less than sixty years ago, six million Jews as well as millions of others were murdered in Nazi concentration camps as part of a planned program of extermination: whereas the people of the United States of America should always remember the terrible atrocities committed by the Nazis so that they are never repeated..... Now therefore, be it Resolved by the Senate and House of Representatives of the United States of America in Congress Assembled, That, in memory of all victims of the Holocaust and in the hope that Americans will strive always to overcome cruelty and prejudice through vigilance and resistance, the days of April 13 through April 19, 1980 are hereby designated as the 'Days of Remembrance' of Victims of the Holocaust."

Security

From Page 1

Countryman added.

The new gate guards are working with many of the reserve and National Guard soldiers now, until completely taking over, said Burgwald. "Almost all of the regular MP units are deployed to Iraq right now, that's why a lot of the reserve and guard are here."

Once the new security service is fully trained and at a 100 percent, the Reserve and National Guard units are going home, said Burgwald.

After hearing news of the new security civilians taking over his position at the gates and spending the last year at Fort Carson, Spc. Ryan Paugh, 1-157th FA Colorado National Guard, is ready to go back to Denver.

"I was pretty all right with it," said Paugh, "I can go back to school and my civilian job. My last day on the gates here is (Thursday) and I'm going home on (April) 16th."

Fort Carson is just one of about 20 military installations contracting security guards for access control operations and Wackenhut has most of them, said Meeusem.

"We have entered a five year contract at Fort Carson," said Meeusem.

Military

Soldier loses leg, not fight in Iraq

by **Spc. Zach Mott**
Mountaineer staff

To say that Cpl. Brian Wilhelm's life changed in an instant is a clichéd understatement.

During a routine Oct. 7 mission, Wilhelm and five Soldiers from the 1st Battalion, 8th Infantry, were transporting ice to outlying units in Iraq when their convoy was ambushed by members of the Iraqi insurgency.

"We rolled through a choke point," the 22-year-old said. "They lit us up with RPGs, RPKs and AK-47s."

Wilhelm was shot within the first few minutes of the rocket propelled grenade, Ruchnoi Pulemet Kalashnikov (the Soviet version of the squad automatic weapon, or saw) and small arms battle.

"It was definitely nuts," he said. "It's not anything you can completely prepare for. I was the only injury; my calf muscle got blown out."

Wilhelm credits the training he received four years ago when he first enlisted in the Army.

"A person's training received from drill sergeants, regardless of how bad it may seem, will save your life if you take it to heart," he said. "I've actually contacted one of my drill sergeants to thank him."

After 25 minutes of fighting to survive and repelling the enemy attack, Wilhelm was thrown into the back of a truck and taken away for treatment. Within hours he was

being transported to Landstuhl Regional Medical Center in Germany. He was moved to Walter Reed Army Medical Center in Maryland after a short stay at Landstuhl.

While at Walter Reed, the medical staff there decided to amputate Wilhelm's leg below the knee.

It was there Wilhelm met his daughter Alison when his wife, Spc. Jennifer Wilhelm from the 759th Military Police Battalion, brought her to his bedside.

"The first time I see my daughter I'm laying in a hospital bed with my leg strung up in the air and I'm high off morphine," Wilhelm said.

Alison is now six-months old and, Wilhelm said, it was difficult at first, but now it's like she never saw him there.

There were other battles that were tough for him. "At first it was hard adapting to walking," the Manchester, Iowa, native said. "But, I took off pretty quickly from all that they did."

"Quickly" doesn't do it justice. Wilhelm was up and walking within two weeks of having his lower left leg amputated. He was running two weeks after that.

"What else are you going to do, lay in a hospital bed and be miserable or get up and walk," he states matter of fact-like. "Either way you're going to go through the pain. I figured I'd just get it over with sooner. You've got

to have a good attitude or you'll ruin yourself."

He now walks with only a slight limp thanks to the titanium prosthetic he received.

The biggest conflict came with accepting that he wasn't going to be able to return to his unit.

"I tried to go back," Wilhelm said. "I figured if I'm able-bodied enough to stand and shoot if I have to, why can't I be back there?"

He calls it pride and the familial feeling he gained during his five months of fighting that created that bond with the Soldiers he fought alongside.

"It's like a brotherhood," Wilhelm said. "When you get put into those positions they become like family to you. They become worse than family. A family is aggravating enough, you can't get away from them when you want. But these guys you really can't get away from."

Within days of leaving, Wilhelm already felt the pain of their absence.

"It's like a crack head," he said. "He hates the addiction, but as soon as he quits, he's having withdrawals. I couldn't stand some of those guys, but as soon as I was gone I was hoping for their safety and wished I could be there with them."

With combat experience now under his belt, he is

See Wilhelm, Page 7

Military Briefs

Misc.

U.S. Military Academy positions available — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and noncommissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs. Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point. For application information, go to <http://www.usma.army.mil/adjutant-general> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

Warrant officer slots open — The Army is looking for highly motivated Soldiers to fill its warrant officer positions, open in all 45 specialties if you qualify. Soldiers with less than 12 years active federal service are encouraged to apply. For more information, contact the Warrant Officer Recruiting Team at www.usarec.army.mil/warrant or DSN 536-0484/0458/0488/0478/1860/0271.

OCS board — There will be a local OCS board Thursday and April 9. This board is required for all applicants. All participants must report in

Class A's. All packets must be turned in to the 478th PSB, Personnel Actions Section, building 1118, room 208, no later than April 1. For more information, call 526-1906.

Special Forces briefings — Special Forces briefings will be conducted weekly at the Grant Library. The briefing times are Wednesdays 1:30 p.m. and Thursdays 1:30 and 3:30 p.m.

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter-proliferation. Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

NCOA Job Fair

Are you looking for the perfect job? Do you want to meet recruiters for local and national companies? The United Associations Group will be sponsoring a "Today's NCOA Job Fair" at the Elkhorn Conference Center April 22, 10 a.m. to 2 p.m. The event is open to all military, veterans, civilians and their family members. NCOA membership is not required. Attendees are encouraged to bring several copies of their resumes. For more information, check out the on-line job board at www.ncoavea.org, call (800) 622-2620 ext. 222.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

Initial/partial issues

Mondays, Thursdays and Fridays from 8 to 11:30 a.m.

and 12:30 to 3 p.m. and Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays. Call 526-3321.

Effective immediately:

Replacement will be scheduled Monday, Thursday and Friday mornings. Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing. Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect Soldiers' DX items and schedule CIF appointments. A CIF employee will work one-on-one with a supply sergeant.

Active-duty units — Permanent Change of Station/End of Time in Service/chapters/retirees will make an initial out processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — by appointment only.

Appointments can be made with Kristine Harald at 526-3321. POC for this information is Frank Howard, CIF supervisor at 526-6477.

Laundry Service

Post Laundry Service — The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in. Allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. Turn around for service is 72 hours. No appointment is necessary. The post laundry will not clean personal items like Battle Dress Uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays

through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

The Army Career and Alumni

Center briefing is required for all departing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m. Call 526-1002 or 526-0640 to schedule a briefing.

Are you ETSing? If you're within 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

The Commanding General's Newcomers' Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

Hours of operation

The Mountain Post Training and Education Center's hours for certain programs and services will change Monday.

Hours are:

eArmyU Testing center, Monday through Thursday, 7 a.m. to 4:30 p.m.

Army Learning Center and basic skills classes, Monday through Thursday, 9 a.m. to 4 p.m.

Counselor Support Center, Monday through Thursday 7 a.m. to 4:45 p.m. Friday 11 a.m. to 4:45 p.m.

Claims Division hours — The Claims Division office hours are Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m. The office is closed Fridays.

Personnel Claims hours:

Mandatory briefing: Mondays and Wednesdays from 10 a.m. to 2 p.m. Submit DD 1840/1840R

Receive documents for filing:

Submitting completed Tuesdays and Thursdays from 9 to 11:30 a.m. Claims: 1 to 4 p.m. Closed on Friday.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352 to see if it warrants an appointment.

Editor's note: The deadline for submitting "briefs" to the Mountaineer is 5 p.m. Friday before publication.

Better Opportunities for Single Soldiers

BOSS Executive Council meets the first Wednesday of each month at 10 a.m. at the Special Events Center, building 1829. The post BOSS meeting, for BOSS representatives, meets the second Thursday of each month at Xtremes from 1 to 3 p.m. For information, call 524-BOSS.



Dining Schedule

Weekday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
Mountaineer Inn (building 1369)
10th SFG (A) (building 7481)
3rd BCT Strikers Cafe (building 2061)

Weekday Meal Hours

Breakfast 5:30 to 9 a.m. (All facilities)
5:30 to 8:30 a.m. (Cheyenne Mtn. Inn)
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.

April 8 to April 16

Exceptions

- Patton House is closed until further notice.
- Strikers and 43rd ASG are open Saturdays and Sundays.



Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR CAV House. (building 2461)
43rd ASG (building 1040)
Mountaineer Inn (building 1369)
3rd BCT Strikers Cafe (building 2061)

Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m. 3 to 5 p.m. (Cheyenne Mtn. Inn)

Army One Source ...

New referral service launched

by Pfc. Clint Stein
Mountaineer staff

Technology is bringing information to its users' fingertips as quickly as they can press keys; now, that efficiency has been brought to Soldiers and their families with the Army One Source.

The AOS is an information and referral service for active-duty, National Guard and Reserve Soldiers, family members, retirees, and deployed civilians. It's available 24 hours a day, seven days a week, 365 days a year via phone at (800) 464-8107 or at www.armyone-source.com.

"The phone lines are answered directly by professionals with master's degrees and licensed counselors," said Darnelle Selby, administrative officer with Fort Carson's Army Community Service.

AOS helps those people who aren't close to a military installation where there is an ACS who need to talk with someone about a problem or just get some questions answered, Selby said. "They can answer questions regarding deployment, housing, doctor appoint-

ments, living cost and even help plan your PCS (permanent change of station) move."

Karen Nichols, an Army wife for the last 14 years, relies on AOS for many of her questions.

"It used to take a long time to get to know the ins and outs of the Army," said Nichols. "Now you can learn anything you need to know at one location."

The AOS is not only for questions and answers; someone can counsel those with mental health issues as well, said Selby. If the person needs more professional counseling after their initial call they are referred to a counselor either at the nearest military post or to a civilian counselor for a maximum of six visits, Selby added.

"If you have children wanting to get a higher education after high school, the AOS will research and help find scholarships for them," said Selby. "I was impressed with the amount of personal service and research they use. I wish they had this when my husband was in the service."

The AOS is designed to work

much like the ACS on Army installations, but from a different source, said Selby. "It does take some weight of the calls from the ACS, because people can just as easily call AOS as us (ACS)."

Nichols uses AOS for questions she doesn't want to bother calling anyone about, she said.

"Sometimes you may have just one question that you think you should already know, but feel afraid to ask," said Nichols. "The Army One Source will answer any question, big or small."

Although the AOS is operated by Ceridian, a civilian contractor, it's always in contact with ACS to stay current on military issues.

"The most recent calls the AOS has been receiving are for deployment and separation issues," said Selby. "They really have concern for everyone who calls."

Like Selby, Nichols said she wishes the Army had this service years ago, but is thankful for it now.

"The name is perfect, because you really can get everything you need to know from 'one source,'" Nichols said. "It's fabulous."

Wilhelm

From Page 5

now setting his sights on another hurdle — proving that he can still do the missions he once did.

"The Army thinks I can't do what I did before, but I wanted to prove to them I can," he said. "People ask if I'm going to stay in the infantry, I tell them, 'Hell yeah I will, as long as I can do the job, they can't stop me.'"

He is determined to go to jump school this fall to prove that amputees are as capable as every other Soldier. If he succeeds he will surpass the quickest time from amputation to jump school by one year. The current two-year mark was set by a Marine.

"I wanted to do it before, but now I'm more motivated to do it as soon as possible," he said.

He said at times though he needs to keep that motivation in check. Working for the battalion command sergeant major has helped stem his over-eagerness.

"It's probably best that I have somebody higher ranking making sure I'm not doing everything I would be doing," he says, alluding to the urge to push his body to its breaking point. "You've got to treat (your body) nice once in a while if you want anything back out of it."

Now, as most of the people he missed the most return, life is beginning to slowly creep toward the normalcy he enjoyed before Operation Iraqi Freedom.

"It's great to actually feel willing to let my guard down," he said, remembering the times he was kept awake not knowing if and when an attack was coming. "Just to be able to sit back and enjoy myself, barbecue and have the guys over to the house — I don't think I can completely get used to it ... but, I ain't complaining about it either."

Greenback

TSP to be open to new investors

by Capt. Theodore Stutz
4th Finance Battalion

The Thrift Savings Plan will have an "open season" Thursday through June 30. The next open season after that will be Oct. 15 through Dec. 31.

Open season is the only time that the TSP will accept new investors, and current investors can change the percentage of base pay contributed unless changing to zero percent.

All other TSP transactions can be executed any time on the Internet on the MyPay Web site at www.mypay.dfas.mil.

To start contributing to the TSP, submit a TSP Election Form (TSP-U-1), downloadable from www.tsp.gov, to your S-1 Personnel Actions Center. Complete the form to show what percentage of basic pay, incentive pay, special pay or bonus pay you want to contribute.

Remember, you must contribute from basic pay in order to contribute from incentive or special pay (including bonus pay). Your service will deduct the amount you choose from your pay each pay period and will continue to do so until you submit another Form TSP-U-1 to stop or change the amount, change your contribution to 0 percent online or separate from service.

Also, if you elect to contribute from a bonus, your initial election will remain in effect and cover

any future installments of that bonus or any other bonus to which you become entitled. If this is not what you intend, you will need to terminate your bonus election once the contribution from the current bonus is complete.

If you are a new participant in the TSP, you will receive your personal identification number in the mail when your new account has been established. Do not attempt to make any transactions with your account until you receive this letter from the TSP record keeper confirming that your new account has been established.

How to invest your contributions

The TSP lets you choose from five funds to invest in. The funds are the G, F, C, S and I fund listed in order of risk, G being the least risky and I being the most risky. The returns over the last 12 months get bigger in the same order, G=4 percent F=5 percent C=35 percent S=56 percent and I=57 percent through March. The Web site will give you details on what types of investments make up each fund. These are historical returns and are in no way a guarantee of future performance.

After you sign up for the TSP, your contributions will automatically go into the G fund. To change the allocation of your future TSP contributions among the investment funds you can use the TSP Web site at www.tsp.gov, call the Thriftline at

(504) 255-8777 or mail Form TSP-U-50 to the TSP record keeper at the address on the form. If you use the Web site or Thriftline, you will need your Social Security number and your TSP PIN.

You can give portions of your total contribution to different funds. When choosing what fund or funds to contribute to, you have to do a risk versus return analysis. The C, S, and I funds have historically returned more in interest to investors, but also carry a higher possibility of losing money.

The generally accepted rule for investing is that the risk level can increase with the length of time you plan on leaving the money in the fund. This is simply due to the fact that money invested at a younger age will not be needed to live off any time soon and can therefore absorb some years of bad returns.

The total contribution limit for 2004 is \$13,000 and the base pay percentage contribution limit for members of the uniformed services for 2004 is 9 percent. Percentage of base pay contributed + special pay + incentive pay + bonuses contributed cannot exceed \$13,000.

Incentive pay includes flight pay, submarine pay, hazardous duty pay; special pay includes medical and dental officer pay, hardship duty pay,

GSA Fleet changes vehicle card PIN system

by Jim Adams

**Directorate of Logistics
Transportation Division**

Recently, the General Services Administration Fleet has begun alphanumeric license plates for its vehicles. The alphanumeric license plates (for example, G31-1234A) contain a letter at the end of the string instead of a number.

This new format will be reflected on the Fleet Services Card, as the license plate number printed on the card. The change that vehicle operators should be aware of is the vehicle personal identification number they will use when buying fuel or making other authorized purchases.

Each card is assigned a PIN

unique to the vehicle it is used for. When the license plate of the vehicle ends with an alpha character, its PIN is the four numbers before the alpha letter. For example, for a vehicle with a license plate of G31-1234A, its PIN is 1234.

However, in cases where the last five digits follow the current format, and all are numeric, the PIN is the last five digits for the license plate. For example, the PIN that would accompany the license plate G31-12345 is 12345.

When making purchases with a Fleet Services Card, you will be prompted to enter a PIN number or driver identification on the gas station's key pad for electronic point-of-

sale purchases. You will also need to enter the vehicle's odometer reading at the time of purchase. If the station cannot process the sale electronically, the driver must write the GSA license plate number, access code and the current odometer reading of the vehicle on the sales ticket.

The access code is found in the lower righthand corner of the Fleet Services Card immediately preceding the "valid through" date. This and future planned changes are to provide GSA vehicle users with increased security and a more efficient Fleet Services Card. For more information, contact the motor pool dispatcher at building 301, at 526-1651.

Greenback

From Page 8

career sea pay; bonus pay includes enlistment and re-enlistment bonuses. (Although bonus pay is generally a form of special pay, it is treated separately from special pay for TSP purposes.)

You may stop any of your contributions at any time.

If you stop your basic pay contributions, your service will automatically terminate your contributions from special pay, incentive pay and bonuses. However, you may stop contributing from incentive pay, special pay or bonus pay and still continue your contributions from basic pay.

You may restart bonus pay contributions at any time, provided you have a contribution election for basic pay in effect.

If you stop contributions during a TSP open season, you may resume them in the next open season. If you stop your contributions outside an open season, you must wait until the second open season following the termination to resume your contributions. If you stop contributions from a bonus, you may elect to reinstate the bonus election at any time.

Protect your property . . .

More insurance than Army provides needed

by Capt. Elizabeth Talarico
Legal Assistance Attorney
Office of the Staff Judge Advocate

Recently there has been a flurry of conversation about insurance and questions whether Fort Carson Soldiers need liability and property insurance. The answer is yes. Personal liability insurance helps Soldiers pay for injuries that occur in and around their off- or on-post rental property. It can also pay for damage to, or the destruction of, the rental property.

In addition to personal liability insurance, Soldiers need personal property insurance, otherwise known as renter's insurance. Renter's insurance covers your personal property inside your rental. It typically covers any damage, loss or destruction of the covered property.

Acquiring renter's insurance could save you a headache and possibly a great deal of money. If you live on-post, you are renting your house from your landlord, Fort Carson Family Housing.

Included in your lease is \$5,000 worth of personal property insurance. But is that enough? For most, the answer is no.

Suppose you had a fire. Would \$5,000 allow you to replace your furniture, clothes, stereo equipment, computers and everything else in your home?

Probably not. Everyone living in a rental, off- or on-post, should insure personal property with renter's insurance equal to the replacement value of that property.

Another limitation of the renter's insurance provided by Fort Carson Family Housing is that it does not cover loss under all circumstances. For example, the insurance provided does not cover loss caused by theft or vandalism. Therefore, if someone broke into your home on-post and stole a laptop, the renter's insurance provided by Fort Carson Family Housing would not pay for the loss.

You may think that additional renter's insurance is not necessary if you live on-post because the Army pays claims for destroyed, damaged or stolen personal property. While currently this is true under some circumstances, the policy of paying claims in privatized on-post housing may not continue indefinitely. The Army is considering ending this policy.

Even if the Army continues to pay these claims, the claims process cannot protect you as well as renter's insurance can. The Army cannot pay full replacement cost. It pays only the value of the item at the time of the loss. In other words, a Soldier receives a depreciated amount for the item claimed. Imagine that

someone breaks into your on-post house and steals your television. If you purchased the television five years ago, the amount paid through the claims process would most likely not cover the purchase price of a similar new television.

However, if you had renter's insurance, you could receive a payment covering the entire cost of replacing the item. Renter's insurance can cover the replacement cost of an item, not just the depreciated value of the item. Read your policy or call your insurance company to be sure.

The Army claims process has other limitations as well. For example, any negligence on the part of a Soldier or his family bars the Soldier from any recovery through the Army claim system. If you light a candle, forget about it, and a fire occurs, the Army will deny your claim for damaged personal property because you were negligent in leaving a burning candle unattended.

For the Army claim process, any negligence stops a Soldier from recovery. The negligence of the Soldier does not have to be the main cause for the loss or damage of property. The negligence can be a small contributing cause for the loss and still block recovery. Let's say a Soldier leaves his back door unlocked and some-

one comes into the on-post housing and steals a laptop computer. That Soldier cannot receive any compensation from the Army because leaving the door unlocked was negligent.

However, a renter's insurance policy can cover replacement cost of a damaged or lost item even if the policyholder was, to some extent, negligent in causing the damage or loss.

Renter's insurance protects you and should be considered a necessity along with auto and personal liability insurance. Renter's insurance is not expensive. In the local Colorado Springs area, you can purchase renter's insurance for around \$15 per month, depending on what personal property you own.

Some Soldiers may think they will never need renter's insurance because nothing will ever happen to their property. The decision not to insure property is a gamble. Few expect their houses to be broken into or to catch on fire until it happens, but those who prepare for it don't suffer a great financial burden when the unexpected happens.

For more information, call the Fort Carson Legal Assistance Office at 526-5572/5573. Office hours are Monday through Thursday 9 a.m. to 4 p.m..

Community

Fast money today could cost you five times more tomorrow

by Spc. Brian Trapp
14th Public Affairs Detachment

Soldiers' wallets can get stretched pretty thin.

When they're up against a wall, if they turn to any of the dozens of payday lenders in the yellow pages, they may get themselves into even more financial trouble.

"The majority of the people (who) come in here with financial difficulties have post-dated check problems," said Patricia Ann Randle, Financial Readiness program director. "They go there to get the money for the next payday, but they're borrowing against money they don't have. One check easily leads to another. It's a domino effect — you already don't have enough money and next month you'll have even less."

The end effect is the Soldier ends up further in debt.

"Pretty soon you get to a point where you don't have any money left," she said. "People have problems because some of them even have more

than one loan at the same place or a couple of places."

Fortunately, Colorado is one of the few states that regulates payday lenders, but that didn't stop a lender in the Colorado Springs area from breaking the rules until they were caught and forced out of business by the state attorney last fall.

Payday loans are consumer loans of up to \$500 that may be obtained quickly but must be repaid within 40 days or less. Colorado law allows payday lenders to charge interest rates for these transactions that can be as high as 500 percent annually.

They're short-term emergency loans that can be misused, just like credit cards, said a manager from a local payday-lending establishment. People who come for payday loans "usually have poor credit, and nowhere else to go."

However, Soldiers have a number of resources designed to help them



Photo by Spc. Zach Mott

Taking out a payday loan means the next pay period begins with a deficit.

out of financial binds.

"A lot of our success stories overcome payday loan problems. People can, and have, overcome them. It takes tenacity and also takes sacrifice. I really encourage people to come in. We're their financial battle buddies, coming in regularly can help you stay on task. It never hurts to sit people down and talk about their financial goals and how they can achieve them.

Financial Readiness also has a debt management program, just like the ones offered on television, but ours is free," said Randle. "We call creditors and try to get the interest rates lowered, to help people get on their financial feet."

For those still caught in the payday-lending cycle, there should be a way out. Under Colorado's payday

loan law, a lender can renew, refinance or "roll over," a payday loan one time at the 500 percent APR. After one renewal, if the lender wants to refinance the loan again, it must do so only at the lower interest rate of 36 percent annually allowed for regular loans under the Uniform Consumer Credit Code. Otherwise, the loan must be paid off in full.

"For many people, the problem is they just can't afford it in the first place," Randle said. Soldiers and their family members who are caught off guard by a financial emergency may still be able to receive help through Army Emergency Relief or a number of other services the financial readiness program is in contact with.

For information call Financial Readiness at 526-4590.

The majority of people who come in here with financial difficulties have post-dated check problems. They go (to payday lenders) to get money for the next payday, but they're borrowing against money they don't have. One check easily leads to another. It's a domino effect; you already don't have enough money, and next month you'll have even less.

Patricia Ann Randle
director, Financial Readiness

Overspending now means trouble later

by Pfc. Stephen Kretsinger
Mountaineer staff

When Soldiers take a look at their bank accounts after arriving at their first duty station or coming home after a deployment, they may think they have all the money in the world.

This can be dangerous, as it can lead to overspending and debt.

"One of the largest dangers of overspending is the fact that what you end up doing is 'mortgaging your future,'" said Patricia Ann Randle, Financial Readiness director, Army Community Service. "It's very hard to get out of debt. You never have enough. It's like being on a hamster wheel. You're never able to meet any goals, because you're

always in debt."

With the large amount of advertisements and status symbol items to purchase surrounding us everyday, Soldiers may want to run out and spend, spend, spend.

"Society and advertisers will tell you that you deserve it; you should have it and right away," said Randle. "You're getting all this information that tells you, 'you don't need to sacrifice. You can have it all right now.' What they don't tell you is the consequences of having it all right now and that you may well be paying for it for the next 20 years."

Flashy cars and loud stereos look really attractive on television, but they can be pricey. When

buying a car, Soldiers may not take into account other costs such as insurance and repairs that can make monthly expenses add up.

"Just looking out of the window the past few days, I have counted 15 brand new cars drive past," said Randle. "Let's say you want to buy a new SUV and you've got a healthy down payment. Let's say the SUV costs \$30,000. Let's say you've saved \$10,000, so you still have about \$20,000 left (to finance). You make payments for (48) months. That's (more than) \$400 a month, not including insurance. Now let's figure in the insurance, maybe \$150.

Evans offers viable choice for moms

by Spc. Zach Mott
Mountaineer staff

The baby boom is back. At least a miniature version of it is at Fort Carson. Following the rest and relaxation leave, Soldiers from the Mountain Post enjoyed during Operation Iraqi Freedom, there is a planned boom in births in the coming months.

The fully qualified, nationally certified staff of the Evans Army Community Hospital's Obstetrics/Gynecology department is ready to handle the influx. From the first day of pregnancy to the postpartum care they offer, both mother's and baby's care can be handled by the staff at EACH.

"I think we have great leadership and a very diversified staff with a wealth of knowledge," said Staff Sgt. Michael McCalla, the labor and delivery noncommissioned officer in charge. "We offer you choices, but we want to be your choice."

Expectant mothers now have the option of going to an outside hospital for their maternity needs.

"We provide just as good of service as they do downtown," McCalla said. "We provide a certain comfort level from a military aspect that we can relate better with what the sponsor might need or family may need."

Prenatal care includes normal checkups for both mom and baby. If a problem is suspected, the mother can be referred to another section inside Evans. The Ante-Partum Testing section checks to see if both mother and baby are healthy. It can also help determine a course of action, if need be.

"I primarily keep an eye on the baby so that we don't have problems like we used to have," said Bridget Gilchrist, the APT chief. "It has saved a lot of lives."

The staff at EACH understands that a military fami-

ly may not be in the same location when a child is born.

"People here understand that sometimes dad's not here when the baby is born," said Chris Freeman, the head Labor and Delivery nurse who has also worked in civilian hospitals. "We understand that, where as in civilian hospitals, I don't think they would. We offer that support that a lot of them don't."

EACH will make every effort to accommodate a family, but there are some times when a mother will be sent to an outside hospital.

"Anything in the normal scope we can handle," McCalla said. But, if there are more than two babies or it's another type of high-risk pregnancy, the mother will be referred to another hospital.

In most births, mother and baby are released from EACH about 48 hours after delivery. However, there are instances when a baby may need to stay longer. If the care is being provided at a different hospital, the family may not be able to stay in the hospital with the newborn.

"We're very family focused here," McCalla said.

"We're not going to move you out. We're going to try to keep the parents with the baby — it's a bonding thing."

In addition to families being able to stay longer in special cases, most mothers receive private rooms.

"A private room is great. It's frustrating enough trying to quiet your own baby," said Carla Franke, who, along with her husband, Air Force Capt. Albert Franke, welcomed their third child, Gabriel, April 4 at EACH.

After birth a security monitor is attached to mother, baby and a designated significant other. This device sounds an alarm when a baby leaves the ward.

"If the alarm goes off, everyone from private to the highest doctor will respond," said McCalla.

This is just another feature that helps keep both



Photo by Spc. Zach Mott

Carla Franke gets ready to cuddle with her newborn son, Gabriel, who was born April 4 at Evans Army Community Hospital.

mother and baby safe throughout the course of their stay.

In addition to all of the prenatal care that is offered, the OB department offers a variety of parenting, big brother or sister, new dad and breastfeeding classes. More information on the classes, the staff and the types of care offered at EACH is on the Web site, <http://evans.amedd.army.mil/Obgyn/default.htm>

Miscellaneous

"Hatching New Ideas" Egg Hunt and Information Fair — Fort Carson's "Hatching New Ideas" Egg Hunt and Information Fair will be held on Saturday from 10:00 a.m. to noon at the Youth Services Building. Come join the Fort Carson community as the DCA welcomes spring with interactive displays from our military facilities as well as select Colorado Springs organizations.

There will be an egg hunt, interactive games at each booth, entertainment, face painting, a magician, a clown, and a jump castle. Best of all, you can take your picture with the Bunny! There will also be baby chicks to view and the Cheyenne Mountain Zoo will have animal pelts for the children to see. There will also be a petting zoo with lambs, goats, pigs and an iguana.

For more information, please call 526-4494 or check the website at www.ftcarsonmwr.com.

Bunny suits — The Fort Carson Officer's Wives Club has two bunny suits available for rent to make a holiday party even more special. The rental fee is \$20, which is split into two payments. They are on a first-come, first-served basis.

One is a complete hood with face and the second is just the hood. To reserve one, contact Karen Lloyd at 559-7274 or kjllloyd53@hotmail.com.

Better Breathers — Better Breathers is an educational and support group for active duty and retired servicemembers, and family members to learn about their lung condition and how to live with it. The group meets on the second Thursday of every month at Evans Army Community Hospital. This is a self-referral program and no appointment is needed; just let us know you are interested. We will add your name to our call roster and call you to remind you of the meeting three to five days in advance. Family members are encouraged to attend with the patient.

Topics are member requested as well as timely medical information. Individual assistance is also available on request. If you have any questions, please call Sue Priev, at 524-4043.

40 Days of Purpose Campaign — The Protestant Service at Soldiers' Memorial Chapel will host a spiritual campaign April 24 to June 6. Chap. (Maj.) Scott Kennedy, the senior pastor, is the campaign director. Have you ever asked yourself, "What on Earth am I here for?" During the 40 Days of Purpose Campaign, chaplains will attempt to answer that universal question by exploring these five central purposes: worship, discipleship, ministry, fellowship and evangelism.

Come join the excitement Sundays at 11 a.m. at Soldiers' Memorial Chapel. For more information, call Kennedy at 526-8011.

Tax season — The Fort Carson Tax Center is open. It is located in building 6264, on Woodfill Road, across from the Colorado Inn and the Elkhorn Conference Center. Free tax services are available for active duty servicemembers and their family members; mobilized reservists and their family members; servicemembers receiving either retirement or disability pay and their family members; and surviving family members of active-duty, mobilized reservists and retired servicemembers.

The Fort Carson Tax Center will electronically file your return and have federal and state tax forms available until May 15. In order for your tax return to be completed, you will need to bring all W-2s, Social Security cards for yourself and all family members, a power of attorney, if filing for your spouse and all relevant financial information.

Pharmacy Hours Change — Effective May 7, the Evans Army Community Hospital Outpatient Pharmacy, located in building 7500, will close at 5 p.m. Fridays.

Leave Donation Request — Ronald Casados and Dave Benett, Department of Defense civilians

who work at Fort Carson, are ill and on sick leave. They are out of leave and would greatly appreciate a donation of leave from those moved to do so. For more information on donating leave to either of them, contact Tilicia Rose at 526-1841.

Yard Sale — The annual Fort Carson Mayor's yard sales began April 2. Yard sales are twice a month on the first and third Saturday of the month between 8 a.m. and 3 p.m.; dates are April 17, May 1 and 15, June 5 and 9, July 3 and 17, Aug. 7 and 21, Sept. 4 and 18, Oct. 2 and 16, Nov. 6 and 20 and Dec. 4 and 18.

Both on- and off-post residents can participate. Housing residents can set up yard sales in front of their houses; barracks and off-post residents can set up in the Beacon Elementary School parking lot.

All residents and sellers must comply with the following guidelines:

- Each resident is responsible for conducting their yard sale.
- Individual occupants are responsible for trash control and removal, which must be completed by 5 p.m. the day of the sale or citations will be issued.
- Commercial organizations and individuals will comply with all regulations related to commercial solicitation.
- All sellers are prohibited from offering for sale items such as drugs, guns, food or anything that does not conform to the rules and regulations of Fort Carson or the state of Colorado.

For more information, contact your village mayor or the mayor program coordinator at 526-1082/1049.

Bowling for Children — The Big Brothers and Big Sisters Pikes Peak is hosting its 22nd Annual Bowl for Kids Sake Event May 1 at the Peak Bowling Center. This is an opportunity to have fun with friends, while supporting a very worthwhile and highly respected organization. Bowlers will be organized into teams of four, and each bowler is expected to collect a minimum of \$75 in pledges.

Each bowler will receive a free T-shirt, Old Chicago Pizza and a soft drink. The bowler who collects the most money will win a round-trip ticket for two to anywhere in the continental United States. For more information, contact 633-2443 Ext. 201.

Bike Rally — There will be a pace and race bike rally at Ironhorse Park May 1. All Fort Carson military, retirees and civilians are welcome. Registration starts at 8 a.m. An adult six-kilometer race (18-years and older) starts at 10 a.m., a family members and friends leisure six-kilometer ride starts at 10:30 a.m. and a children's mini-race starts at 11:15 a.m. Other attractions include raffles, food, vendor displays and promotions, and commemorative T-shirts for sale. For more information, call 526-1862 or 526-5601.

Armed Forces Day Celebration — The Rotary Club of Colorado Springs Interquest is sponsoring "Join-R-Forces Day," a celebration of Armed Forces Day at Memorial Park in Colorado Springs May 15, 10 a.m. to 3 p.m. The event is to honor military members and families in the community and is open to all. Mayor Lionel Rivera will be present, and there will be live entertainment, an awards ceremony, demonstrations of military dog training teams, displays of military equipment, outdoor booths and concessions, local vendors and more. Come out and support this local event.

Returning Heroes Golf Classic — The Fort Carson Officers' Spouses' Club is hosting its annual golf tournament May 13 at the Fort Carson Golf Course. Sign-ups begin at 8:30 a.m. with a shotgun start at 10 a.m. The tournament is open to the public. Registration forms are available at golf course. To make a donation or have the registration form



Army Community Service
Family Readiness Center
719-526-4590
FORT CARSON

2004 YARD SALES

1st & 3rd Saturday of Every Month

Saturday
3 & 17 April
8am to 3pm

Yard sales are conducted twice a month from April to December. For more information on yard sales, contact your village Mayor/Deputy Mayor or the Mayoral Program Coordinator at 526-4590/1082.

Homebuying Workshop

Saturday, 10 April
9am-3pm

Family Readiness Center, Bldg. 1526
Aspen Room
Licensed Realtor 9am-Noon
Lunch Noon-1pm
Mortgage Lender 1-3pm

Advance registration required. Call 526-1070.

e-mailed to you, contact Judy McLeary at 632-2574 or email mclearytj@msn.com

School Information

Summer School — If you are interested in extending your child's learning opportunities, the Fountain-Fort Carson School District is once again offering summer school for kindergarten through 11th grade.

The elementary program will be offered at Aragon and Patriot Elementary Schools June 7 to July 15, Mondays to Thursdays 8 a.m. to noon. The middle school and high school program will be held at Fountain-Fort Carson High School June 7 to July 15, Mondays to Thursdays 8 a.m. to noon.

A variety of challenging and stimulating classes are being offered as choices that will engage your child in the learning process.

Whether your child needs to review, enrichment or course credit, our programs will provide for your child's needs.

To enroll, stop by one of our schools for the registration packet for that school's level or the administration building.

Kindergarten Registration — School district Eight will be having early kindergarten registration May 4 to 6. Please contact your neighborhood elementary school for registration times. To register, parents need to bring a birth certificate, current immunization records and all updated emergency contact information. Your child must be 5 years old by Sept. 15 in order to qualify for kindergarten.

Claims against the estate

Claims against the estate — With deepest regrets to the family of Master Sgt. Richard L. Ferguson, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer John Dowling at 524-3277.

Claims against the estate — With deepest regrets to the family of 1st Lt. Michael Adams, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Brady Adams at 526-9660.

Chaplain's Corner

Good Friday . . .

God shows love with Christ's sacrifice

**Commentary by Chap. (Maj.) William Fox
43rd Area Support Group Chaplain**

Tomorrow, Good Friday, is such a great day. Why? Because the Lord Jesus Christ died on a cross on Calvary almost 2,000 years ago on this day. The reason it is such a great day is the fact that Jesus took all the sins of mankind upon himself. Imagine that! All the sins of mankind he took upon himself so we could be free from them. Thank you, Lord Jesus!

It was that sacrifice that made it possible for mankind to have intimate fellowship with God once again as Adam and Eve did in the Garden of Eden before they sinned and broke their fellowship with their loving Creator. There had to be a sacrifice for our sins and it had to be from someone who was perfect. And the only person who ever lived on this Earth who was perfect was Jesus Christ, God's only son.

The 10th chapter of the book of Hebrews states that one sacrifice on that cross on Good Friday paid the price for all our sin for all time. Hallelujah! That is awesome — incredibly awesome!

Oh my dear reader, take a moment right now and bow your head and thank our marvelous God for this matchless moment in history. What God did through his only begotten son that day was the greatest event

in the history of mankind. It demonstrated how incredibly great his love for his creation was and is. Oh yes, we are his creation and we were created for him according to 1 Corinthians 6:8. Imagine that! We were created by almighty God for him. That tells us that he wants us to fellowship with him. Wow! The creator of this universe wants you and me to fellowship with him. Incredible.

But that is not all Jesus' death on the cross did for us. It also states in the 10th chapter of Hebrews that, "for by one offering he (Jesus) has perfected for all time those who are sanctified." So who are the sanctified? They are the people who have made Jesus Christ their personal lord and savior. They are the people who now follow Jesus Christ and have a personal relationship with him. They are the ones Jesus has perfected for all time. What a powerful statement. Those who make Jesus their lord and savior have been perfected for all time. That is amazing!

Now comes the best part of all this. Three days after that terrible death on that cross, God raised Jesus Christ up from the dead. Again, hallelujah!

This is the day we call Easter. God consummated Christ's work on Calvary's cross by raising him from the dead that first Easter morning. A little more than a month later God seated his son at his own right

hand in heaven.

Jesus now lives and makes intercession for us to his Father and ours. Awesome!

He speaks with us through his word, the Bible, as the Holy Spirit illuminates it in our hearts. Oh my friends, what a great time of year. I pray that before the sun sets on Easter that you will make Jesus Christ your lord and savior if you have never done that.

Finally, for those of you who make Christ your lord and savior, you will be given eternal life with him in heaven. You will live forever with our savior and God. I wish I could explain it to you, but I cannot. It is something God places in your heart when you become his. You have to experience it.

What I can tell you is that this place where the saints of God are going to be is a city without pain, without heartache, without disease and without death. It is going to be a perfect place. The Bible even tells us there will be no need for a sun or moon in it because the countenance of God and his son Jesus will light it. You can read about this perfect place in the 21st and 22nd chapters of the book of Revelation. And yes, you can be a part of that city if you make Jesus Christ your lord and savior. How about it this Easter? The results of your actions will be eternal and ones you will never regret making.

Chapel

Catholic Events for Lent, which began Ash Wednesday.

Good Friday — "The Liturgy of the Lord's Passion" will be celebrated at 3 p.m., the hour Christ died, at Soldiers' Memorial Chapel. This consists of the long passion narrative from the Gospel of St. John, followed by formal and solemn intercessions, followed by veneration of the cross. Reception of Holy Communion from the Reserved Sacrament will be available for those Catholics who wish it in the Blessed Sacrament chapel at the conclusion of this liturgy. All are welcome to attend the Liturgy of the Lord's Passion.

Christ in the Passover celebration — Come and enjoy a Seder Dinner in the tradition of Jesus and his disciples. Learn what the feast teaches us about prophecy and the future. Soldiers' Memorial Chapel, today, 6 to 9 p.m. For information and reservations contact Annette Powledge at 331-9182. Seating is limited.

Holy Saturday — The Easter Vigil Mass will be celebrated at Soldiers' Memorial Chapel beginning at 8 p.m. It lasts two to three hours.

Easter Sunday — Easter Sunday Masses are at 9:30 a.m. at Soldiers' Memorial Chapel and at 12:15 p.m. at Provider Chapel.

Editor's note: More chapel events, such as the Protestant Easter service schedule, will appear in upcoming editions of the Mountaineer.

Chapel Schedule
ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PVOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Friday	noon	Prayer	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
Monday	6:30 p.m.		Family University	Building 1161	Melissa Dalugdog/330-7873
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718

NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 119:17-24 & 1 Cor. 10-11

Saturday — Psalms 119:25-32 & 1 Cor. 12-14

Sunday — Psalms 119:33-40 & 1 Cor. 15-16

Monday — Psalms 119:41-48 & 2 Cor. 1-4

Tuesday — Psalms 119:49-56 & 2 Cor. 5-7

Wednesday — Psalms 119:57-64 & 2 Cor. 8-10

Thursday — Psalms 119:65-72 & 2 Cor. 11-13

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following:

Unit: For the Soldiers and leaders of the 77th Reserve Support Command, located in Flushing, N.Y.

Army: For the citizen Soldiers, non-commissioned officers and officers of the United States Army Reserve. May these servants of our nation always feel the touch of God's deepest blessing upon them and their families.

State: For all Soldiers and families from the state of New York. Pray also for Gov.

George Pataki, the state legislators and municipal officials of the Empire State, especially as they continue to recover from the attacks upon the World Trade Center.

Nation: For the companies that make up the New York Stock Exchange and the National Association of Securities Dealers Automated Quotation (system) Pray that these companies would lead our nation's economic recovery and create productive jobs for our people.

Religious: For the Soldiers and families from the Churches of God. Pray also for the chaplains endorsed to military service by this community of faith.

For more information or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.

Overspending

From Page 13

"Now you have \$550 coming out of your budget a month," said Randle. "Where do you get it? The answer for some people is that you don't. The answer for some people is that the SUV gets repossessed. Then you have a vehicle repossession on your credit record. Oh, and by the way, anytime a vehicle is repossessed and sold, they never get the amount of money for that vehicle that you owe. So you still owe the deficient balance. You are now paying for something that you no longer have."

As with many things, being indebted in the Army is not something a Soldier wants to experience. The consequences well outweigh the feeling a new stereo can give you.

"Being indebted can affect getting a security clearance," said Randle. "If there is too much debt, you get an Article 15. It can also

affect you in civilian life. If you have a negative credit report, that can affect your ability to get a job."

There are ways to make sure that bank accounts aren't overdrawn, sending a Soldier down the seemingly endless road of debt.

"One of the main ways to prevent overspending is to track your spending," said Randle. "The people who I see that get in the most trouble are those people who truly don't know where their money goes."

"We give out a tracking booklet to clients who come in here," said Randle. "It's just a small, pocket-size book. You can keep in the pocket of your uniform or in a purse. Every time you spend money, you annotate the purchase in the book. After two weeks, you go back and review, so

that you have an idea of what you spend and you would be surprised at where money goes."

Making a spending plan and setting financial goals are recommended, said Randle.

"Make a goal," said Randle. "I often ask people attending my classes to close their eyes and imagine where they would like to be in 2005 financially."

"With our spending plan, we need to cutback," said Randle. "Look at all the areas of your finances. 'Do I need to spend \$100 a weekend every time I go out?' Most of the time you could plan to do more for less."

Goals should be realistic and not completely hamper the Soldiers' enjoyment of life.

"Whenever we say to make a

plan, we mean make a realistic plan," said Randle. "If your plan is to eat noodles every day from now until Christmas, that's not realistic. If your plan is to never go and buy anything you want, that's not realistic. If you don't plan to ever go to a movie for the next five years because you're going to save money, that's not realistic. The more unrealistic a goal is, the less likely you are to meet that goal."

"In that spending plan, build in some room for some entertainment, some fun money," said Randle. "You have to do that. You don't want to go overboard, though. You have to find a balance. You're going to have to cut back, but that doesn't mean you stop living all together."

If Soldiers or military family members need help setting up a spending plan or if they are looking to make a big purchase and need advice, they are free to contact Financial Readiness at 526-4590.



Marijuana . . .

A dopey way to ruin a military career

by Pfc. Stephen Kretsinger
Mountaineer staff

Marijuana has been around for a long time. It comes from the hemp plant that has been cultivated for its psychoactive properties for more than 2,000 years, according to the American Council for Drug Education. Many people think marijuana use does not harm them or other people, but they might be surprised when confronted with the facts about the dangers of marijuana.

"The most dangerous thing about marijuana in my opinion is the misperception that people have about how not dangerous it is," said Ernestine Richardson, prevention specialist, Army Substance Abuse Program. "Most people don't see it as a major problem. They justify using it because they don't see it as a major problem."

Smoking marijuana can distort a person's perception of time, cause lung damage, delay the onset of puberty, reduce sperm production, disrupt normal menstrual cycles and limit the ability of a person's immune system, said Richardson.

In most cases, smoking marijuana is much more dangerous than smoking cigarettes, said Richardson.

"Marijuana burns hotter," said Richardson. "You don't have a filter. Most people, when they smoke marijuana, they pull hard, hold it in, keep it

in deep and they hold it for long periods of time. If you took a cigarette and a joint and compared the two, the tobacco may have as many chemicals or things that may harm you more, but most people will smoke a cigarette casually and put it out and it takes longer for it to affect your health. With the marijuana, because there is no filter and the way you smoke it, that makes it that much more dangerous."

Not only can marijuana use affect sperm production it can mutate the sperm and lead to less than desirable results when it comes to pregnancy, said Richardson.

"Marijuana not only leads to impotence, but it can also lead to genetic altering of the sperm," said Richardson. "It causes the sperm to swim faster which can cause birth defects."

One never knows what they are getting when they buy a bag of marijuana. The Federal Drug Administration has no regulations requiring marijuana pushers to make sure the marijuana is free of harmful substances.

"Part of the problem with growing marijuana is, the people that are growing it to sell are trying to add chemicals to move it quicker," said Virgil N. Tafoya, alcohol and drug control officer, Army Substance Abuse Program.

"In addition, when they start wrapping it and bundling it and trying to hide it, they add other impurities to this

process," said Tafoya. "People finally get it and start burning it; they're taking chances with wherever it came from. How can you trust your seller, when the only thing that matters to the seller is making money?"

Marijuana, despite the belief of many people, is addictive.

"It may not necessarily be physically addicting, but it is psychologically addicting and you do develop a dependency on it," said Richardson.

Many people think they can drive just fine when stoned, but the way marijuana distorts your perception of time and distance makes the case against driving when on marijuana, said Tafoya.

"You have to be totally sharp to drive a vehicle," said Tafoya. "The expectation by any of the licensing agencies around here is that you will be totally concentrating on your driving. Anything that would push your mind away from driving concentration is a danger."

If a person thinks marijuana isn't harming them or others, they aren't looking to the future, said Tafoya.

"Marijuana is called the gateway drug," said Tafoya. "It's the one most people think about starting with. The bottom line is, they think, 'if I can handle this, I can handle other stuff.'"

Probably one of the best reasons not to use marijuana, especially in the

military, is that it is illegal and that can affect a Soldier's military career and their wallet not to mention the lasting impact, said Richardson.

"By regulation it's required that a Soldier (caught using marijuana) be processed for separation from the Army," said Richardson. "It does not mean they will automatically be separated, but they will be processed. They can lose their military career. They will get an Article 15. They'll lose at least one stripe and they could be hit with a fine. It will cost them some money."

Not only are the legal effects immediate, but also they can have a detrimental effect on a Soldier's life after the Army.

"According to what I have been told by CID (Criminal Investigation Division), if you have a positive for marijuana, it will show up as a drug arrest for the next four years," said Richardson. "So, even if you're out of the military, it'll still show up as a drug arrest and that you have been busted."

"It definitely carries over into civilian life," said Tafoya.

"It could affect some jobs you apply for," said Richardson.

"Particularly if you're going for a defense contract. It could very easily affect ability to become gainfully employed."

Marijuana

From Page 21

"It can affect your ability to get security clearances," said Tafoya. "Say you're working for a big politician somewhere and they call us (and ask, 'How do we get this off their record?') Once it's on there, we can't remove it."

Army regulations provide for a Soldier who believes he has a problem with marijuana to get help before he tests positive for marijuana in a urinalysis.

"If a Soldier sees they have a problem, they can refer themselves," said Richardson. "They can go to their commander or someone in their chain-of-command and say, 'Hey, I need help.'"

"There is a provision in the regulation AR 600-85 that allows a Soldier to speak to his commander about a drug problem without any punitive action occurring," said Richardson.

"They can't wait until they get a positive urinalysis and then say, 'I want help now,'" said Richardson. "They are still going to be dealt with based on that positive. You might

want help, but you still have to deal with the consequences of your behavior."

A pre-emptive strike against marijuana use is always going to be a better bet than getting caught in the act by a commanding officer, said Richardson.

"It's a good idea to refer yourself if you know you have a problem with marijuana or any other drug before you get busted," said Richardson. "Being busted has consequences that can really have a negative effect on your life. If you identify that you have a problem, you can come in for help and that's less costly."

"I guess the one big thing that I am concerned about is that when people start thinking that it's not as dangerous as other drugs, then they are willing to take a risk that will effect their whole life," said Tafoya. "If they're willing to take a step back and say, 'why would I want to do that for one drug?'"

So, before you buy that bag and take a toke, sit down and consider the consequences and the affect smoking pot can have on your future. Is that short moment of pleasure worth a lifetime of regret?

Well-being

From Page 3

for mental health issues such as depression, anxiety or traumatic stress was a problem for some Soldiers. Getting time to seek help was the number one barrier, followed by finding a way to get to a behavioral health specialist or not knowing where to find such help.

For every 900 Soldiers in OIF, there is one behavioral health specialist, said Patterson, who headed the advisory team. That ratio is good, but problems arose with the way the specialists were assigned by sector. Some had hundreds of Soldiers close together, while Soldiers and units in other sectors were scattered. The team recommended placing the specialists by geographic areas instead, Patterson said.

Soldiers without immediate access to a specialist would have to travel in a convoy to reach one, the team reported. If the Soldier was given a prescription and a pharmacy wasn't available in the specialist's location, the Soldier would have to convoy to yet another location.

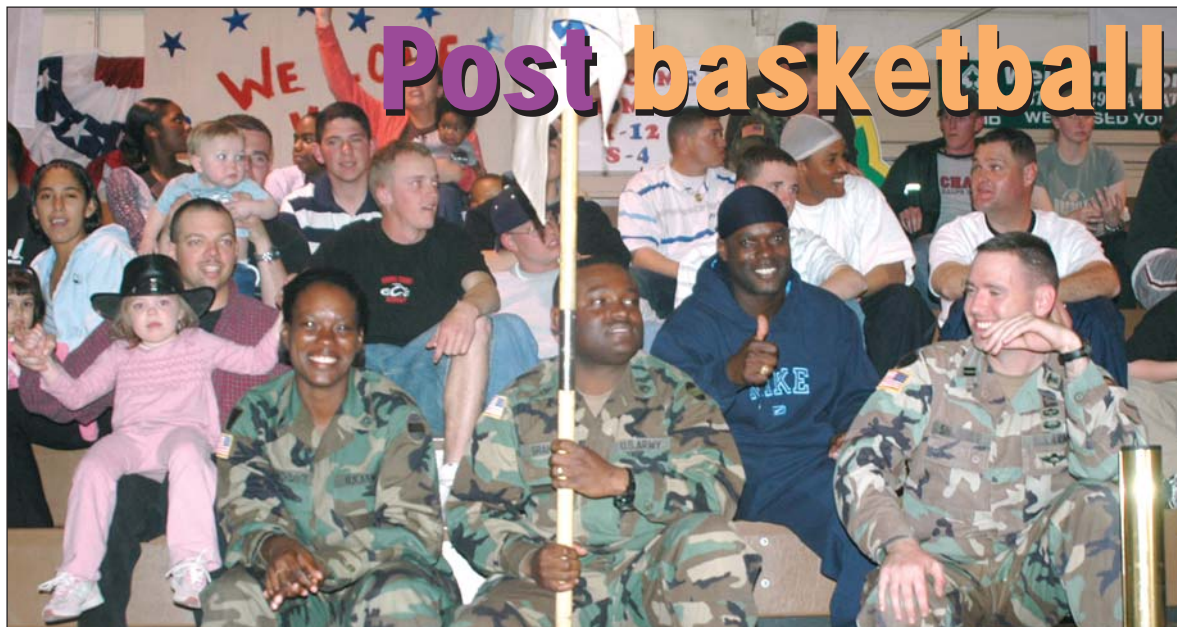
The team recommended behavioral health specialists adopt a "circuit-rider" approach — making periodic trips to smaller camps where Soldiers don't have immediate access to their services.

They also suggested bringing in one person to be a theater-wide consultant who will provide better coordination of services to Soldiers. That recommendation is being implemented, with Col. Chris Piper, a psychiatric nurse currently stationed at Tripler Army Medical Center in Hawaii, scheduled to arrive in Iraq next month.

Other recommendations that have either been implemented or are in the process of adoption include: refresher training for behavioral health specialists; emphasize awareness, vigilance and the battle buddy system in training for Soldiers, to include suggestions on what to do and say if they believe a fellow Soldier is suicidal; and a rewrite of the Combat and Operational Stress Control doctrine and procedures, using the results of the study to improve services to Soldiers.

The anti-malaria drug Lariam has been questioned in news reports as a possible contributing factor in suicides. Col. Bruce Crow, a clinical psychologist and member of the advisory team, said that reports from medical examiners showed that only one Soldier who committed suicide had Lariam in his system. Just four of the Soldiers who killed themselves were from units in which Lariam was given.

The advisory team plans to repeat the survey in a second visit this summer.



It was definitely a family affair at the post intramural championship game March 29 between the 59th Quartermasters and the Cheyenne Mountain basketball teams. While both teams had excellent fan support for the game. The 59th Quartermasters were loud and proud of their team and showed it by bringing in the unit flag and making enough noise to qualify as a private riot.



Joe Lujan, center with blue shirt, assistant intramural sports director, goes over pre-game instructions with 59th Quartermaster coach Terry Donnell, left, Cheyenne Mountain coach Robert Nieto, second from right and many of the team's players.



Post play like this was very exciting and challenging for the entire tournament.



59th Quartermaster guard Jatavius Jackson drives through 7th Infantry Division defenders.



The 2003-04 post intramural champions, Cheyenne Mountain, pose for a team picture with, far left second row, Col Michael Resty, garrison commander, Robert Nieto, second from left second row, and Lamont Spencer, far right second row, intramural sports director.

Post basketball tournament a huge success

Story and photos by Walt Johnson
Mountaineer staff

When the final horn sounded March 29 at the Special Events Center on post, more than the next intramural champion team was proven.

In what many fans and two senior leaders of the Mountain Post declared was one of the better intramural tournaments in years, the ultimate story wasn't which individual team won the championship, it was what the intramural playoffs did for the people on post.

"When you consider a number of the post's top players were deployed to other places around the world before and during the season, I think it was one of the best year's in intramurals we've had here," 7th Infantry Division coach Darren "Doc Roc" Love said.

"The players who did play this year competed and honored those players who weren't here. I know I definitely dedicated my season to those brave Soldiers serving around the world. I think I am most proud of the fact we remained competitive as a league and kept up the spirit of intramural play while our fellow soldiers were deployed," Love said.

Col. Michael Resty, garrison commander, told the fans and both teams after the championship game he couldn't remember seeing a more exciting game and praised both teams for giving the fans a competitive game while showing what the spirit of the Army is all about. Resty said the com-

petitive nature of the teams was the same spirit that makes the U.S. Army the best Army in the world.

At the beginning of the tournament 15 teams thought they had a chance to come away with this year's intramural title. Most basketball experts on post really thought the championship could be won by any of the 15 teams but would be lost by either the 59th Quartermasters, who went through the season undefeated, or Cheyenne Mountain, which was undefeated until it met the 59th Quartermasters late in the season.

The 59th Quartermasters went into the tournament as the number one seed and the odds on favorite in most people's minds to win the title. The Quartermasters team was quick, athletic and had every factor needed to win a title. The team that eventually won the championship was big, but not as athletic, with the exception of Steve Siler, Deandre Garrett and Quincy Mackey, and had a major scare en route to the title.

The 59th Quartermasters breezed through the first two rounds of the playoffs beating back the challenge of the 478th Personnel Support Battalion, 44-38, and the 7th Infantry Division, 72-57. Cheyenne Mountain on the other hand blasted the 1st MOBE 46-22 and then had to play their most complete game of the tournament to oust a stubborn and determined 10th Special Forces Group team, 40-38. The Mountain team went on to win its next two

games, both against the Quartermasters to wrap up this year's championship.

"I knew this year would be a special tournament and I think it was one of the best we have ever had. We didn't have one forfeit and the players' conduct was exemplary. We got great support from the command that enabled us to have a good show," Lamont Spencer, post intramural sports director said.

This year's tournament will go down as the start of a new playoff format, one that is fair to both teams involved in the playoffs in the future. In many instances teams coming out of the losers bracket had to win the game that put them into the championship round and then play against a well-rested winners' bracket champion in two extra games the same night to win the playoffs. This year that format was changed by Spencer who played the losers' bracket championship game one night and then had the two teams play for the championship the next day.

"We just felt it was a more fair way to decide a championship. We felt this gave both teams an equal chance to win. It's hard to compete at a competitive level when you're tired. I felt we would get the best game from both teams if each of them was fresh and ready to give a maximum effort."

Was the format successful? Spencer certainly believes so. "This was the first time in some time the finals were this close," Spencer said.



Out & About

Apr. 8 - 16, 2004

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Gospel Concert

IN CELEBRATION OF THE MILITARY

featuring Choirs from the Colorado Community

APRIL 24, 2004

FORT CARSON
McMATION THEATRE
4:00 PM - 7:00 PM

FREE SHOW

MORE INFORMATION, CALL:
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Fort Carson's "Hatching New Ideas"

Information Fair

April 10, 2004

10:00 am - 12:00

at the Youth Services
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Pictures with the Bunny, Prizes and Entertainment



information
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Dinner & Dance
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\$18.00 per person
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Don't sit on the bench,
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TODAY!

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RSVP by Wednesday, 14 April
EVERYONE IS INVITED TO ATTEND THIS FUN EVENT

NATIONAL LIBRARY WEEK

visit grant post library **april 19 - 23** and help celebrate **National Library Week**.
there will be cookies at lunchtime each day and an opportunity to enter a
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get a life...get a library card!



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Gardens in 2004!
Park will be closed
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**Tickets ONLY \$17.00 and
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*BBQ Pork Sandwich, hotdogs, chips and a Coca-Cola.



Park Open Noon - 6pm
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Please contact your ITR office for
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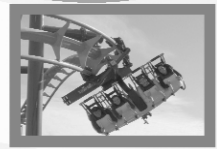




Photo by Nel Lampe

Pueblo's Rosemount Museum, former home of the John Thatcher family, is one of the nation's best Victorian-era mansions. It was completed in 1893.

Rosemount is Victorian treasure

by Nel Lampe

Mountaineer staff

Life was good in Pueblo in 1893, especially for John Thatcher and his family. The family moved from a modest house into its new mansion, named "Rosemount." The 37-room mansion had 10 fireplaces, contained 24,000 square feet of space and had servants' quarters, a special room to stow luggage, a greenhouse and a 6,000 square-foot carriage house. The grounds took up an entire city block.

Mahlon Thatcher, John's brother and bank partner, had a house nearby.

But the John Thatcher home still stands and is now a museum. Rosemount has been named one of America's most elegant Victorian-era homes by National Geographic Magazine. The home is also featured on Home and Garden Channel's "Christmas Castles" and Arts and Entertainment network's "America's Castles."

Rosemount visitors are impressed

by the house designed by New York architect Henry Hudson Holly, who also built Thomas Edison's New York home. Rosemount has many luxurious touches and conveniences.

The mansion and furnishings were designed as a package with attention paid to detail. The fireplace trim in one room matches the furniture; in another, ceiling carvings repeat the designs on a piece of furniture. Margaret Thatcher's favorite flower, a rose, is incorporated in ceiling and mantel designs. Tiles imported from England are on a fireplace; carving on chairs reflect the same design.

Furniture came from Wannamakers in Philadelphia, the carpet from New York. Tiffany's of New York designed and made the lighting. The stained glass windows were made by a New York artist.

Although the house design included an elevator, it was cut from the plans. Holly cleverly put closets where the elevator shaft should be. When the elevator was installed later, the closet



Photo courtesy Rosemount Museum

A large stained glass window by New York artist Charles Booth looms above the staircase.

floors were removed and the elevator installed.

A state of the art intercom system allowed the Thatchers to summon servants, no matter what room they might be in.

Other amenities Holly designed included a gravity water system. A 2,000-gallon water tank in the attic furnished the mansion's water.

The dining room seats 36 people comfortably. Built-in cabinets hold large collections of dinnerware and there's a butler's pantry.

Two years were spent on the house's construction. With its stained glass, carpet, furnishings and woodwork, the cost was more than \$96,000, in 1893 dollars.

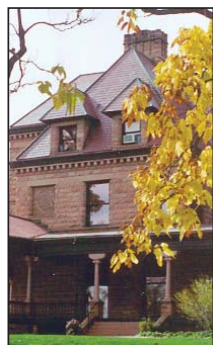
The Thatchers brought their own



Photo courtesy Rosemount Museum

Raymond Thatcher, the youngest son, lived in the house until 1967. This was his bedroom.

Happy endings



Places to see in the Pikes Peak area.

April 8, 2004

See Rosemount, Page 32

Rosemount Museum

From Page 31

large art collection to decorate the mansion.

At the time of construction, electricity was not always available in Pueblo, so light fixtures were equipped with both gas and electricity.

The house was built in Richardsonian Romanesque style. The outside walls are made of Rhyolite-pink volcanic stone brought from Castle Rock. The slate roof came from Vermont. The exterior is trimmed with medallions and carvings.

Who was John Thatcher and why did he build such a mansion in Pueblo?

Thatcher came to the West in the early 1860s. He first settled in Denver, taking a position as a store clerk. Supposedly, Thatcher asked to be paid in merchandise rather than money. He later started his own Pueblo store with that merchandise. Thatcher had a reputation for honesty, and local citizens started asking him to store their valuables in the store's safe.

Later, John and his brother Mahlon started a bank in Pueblo, chartered as the First National Bank.

Along the way, Thatcher married Margaret Henry, daughter of a Pueblo judge and a relative of Patrick Henry. Margaret was Pueblo's first public school teacher.

Thatcher proved to be a clever businessman, amassing a fortune through his mercantile trade and banking. He also invested in mining, agriculture and cattle ranching.

Although only a few hundred people were living in Pueblo when Thatcher set up his store, his timing was fortunate. Pueblo's access to the Arkansas River and nearby coal deposits made the town a natural for the establishment of

smelters which refined gold, silver and other metals that were discovered in Colorado.

The Denver and Rio Grande Railroad reached Pueblo in 1872, bringing passengers and business to Pueblo. At about that time, Gen. William Palmer, founder of Colorado Springs and the D&RG helped establish the Colorado Coal and Iron Co. in Pueblo, as a source for the steel and iron used in railways.

The Thatcher children continued to live in the mansion after John Thatcher died in 1913 and Margaret Thatcher died in 1922. The youngest son, Raymond lived there until it was turned over to the city as a museum in 1967.

The Rosemont is a unique museum because it was occupied by the original owner or family members until becoming a museum. Therefore, most of its original furnishings are still in place, as are the original curtains and drapes.

There is no additional charge to visit the odd museum on the third floor of Rosemont, once the servants' quarters. A collection of world "curiosities" gathered by Andrew McClelland, a prominent Pueblo businessman. He was active in the late 1800s in bringing culture and progress to Pueblo. He helped build the town's library, opera house and a children's home.

McClelland traveled extensively and collected memorabilia. That eclectic assortment of urns, artifacts and an Egyptian mummy are displayed in the Rosemont.

The original carriage house now serves as a restaurant which is open Tuesday through Saturday.

The Rosemont is open all year, except for the month of January. Hours are Tuesday through Saturday, from 10 a.m. to 3:30 p.m. It is closed Mondays and major holidays.

Guided tours take about an hour. Admission is \$6 for adults, \$4 for ages 6 to 18. Children under age 6 are admitted free.

A small gift shop is at the museum's entrance. Victorian-era style gifts, souvenirs, post cards and books are sold.

To celebrate National Preservation Month, antique car clubs will gather at the Rosemont Museum May 8. From noon to 3 p.m., entry to the museum will be half price.

There will be an ice cream social on the verandah of Rosemont Museum, and visitors may bring picnic lunches to enjoy on the grounds.

Rosemont is located at 419 W. 14th Street in Pueblo. Take Interstate 25 south Fort to Exit 99B (13th Street) and go west about five blocks. It's hard to miss — Rosemont and the carriage house are the only buildings on the block.



Photo by Nel Lampe

Attention to detail shows in the porch construction of the Rosemont mansion.

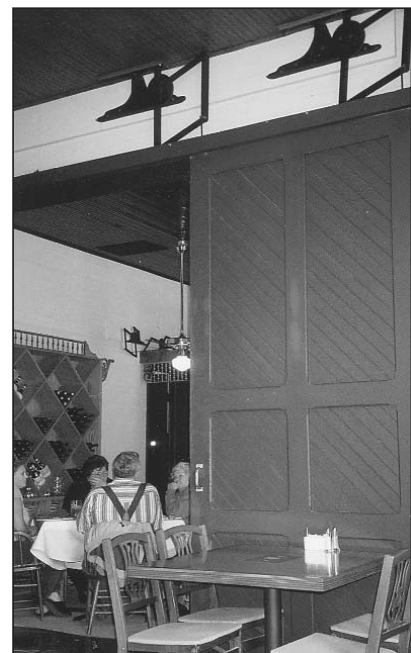


Photo by Nel Lampe

Guests eat lunch in the restaurant located in the Rosemont mansion carriage house.

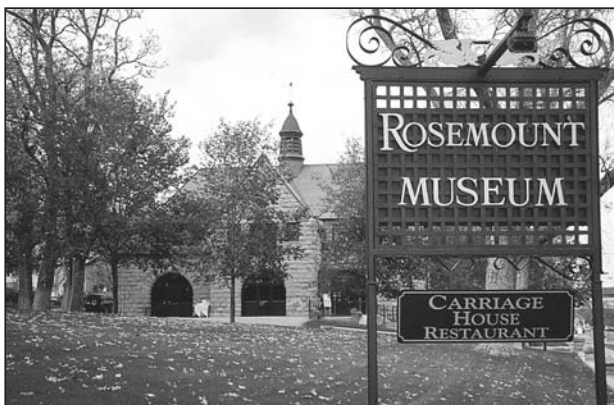


Photo by Nel Lampe

A restaurant now occupies the former carriage house, located near the Rosemont museum.



Photo courtesy Rosemont Museum

Vintage clothing is displayed in Pueblo's Rosemont Museum.

Just the Facts

- **Travel time** 45 minutes
- **For ages** families
- **Type** Victorian-era mansion
- **Fun factor** ★★★★★ (Out of 5 stars)

• **Wallet damage** \$
\$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$60
(Based on a family of four)

GO! Get Out!

Academy theater

Bob Berkly, a mime and clown, is in the Air Force Academy's Arnold Hall Theater April 17. Performances are at 3 and 7:30 p.m. Call 333-4497 for tickets.

JoyRides' free Easter egg hunt

A free Easter Egg Hunt for children 11 years and younger is Saturday at 11 a.m. at JoyRides Family Fun Center, 5150 Edison Ave.. There will be 10,000 eggs filled with prizes or candy. The Easter Bunny will pose with children.

Post Easter egg hunt

An Easter egg hunt for children up to age 10 is at the Youth Services Building Saturday from 10 a.m. to noon, in conjunction with the information fair. The Bunny will be there.

New exhibit at museum

The Denver Museum of Nature and Science opened a special exhibit, "**Machu Picchu: Unveiling the Mystery of the Incas.**" Machu Picchu was uninhabited for almost 400 years until it was discovered in 1911. The exhibit includes dioramas from the ruin, Inca art and an archaeological dig. There is no special admission price for this exhibit, which will be in the museum through May 9. The Denver Museum of Nature and Science is in Denver's City Park, at 2001 Colorado Boulevard.

Cirque in Denver

Cirque Du Soleil's "**Varekai**," the newest production, opens June 3 at the Pepsi Center. Tickets start at \$38.50; call (800) 678-5440, Ticketmaster at 520-9090 or go online at www.cirquedusoleil.com for a schedule.

Musicals

"**Riverdance**" runs through Saturday at 8 p.m. at the Pikes Peak Center; call 520-SHOW for tickets.

Next in the Broadway series in the Pikes Peak Center is "**Miss Saigon**," May 13 to 16. Tickets start at \$34, call 520-SHOW or 520-9090.

Museum Discovery Days

The Fine Arts Center hosts a family program, **Museum Discovery Days** Saturdays at 10 a.m., 11 a.m. and noon; the program is recommended for children ages 6 to 10, but all ages are welcome. The program is included in regular admission of \$5 for adults and \$2 for children ages 6 to 16 and free for children under 6. The center is open Saturdays, 9 a.m. to 5 p.m.

Concert

The Colorado Springs Chorale presents: **Franz Joseph Haydn's "The Creation,"** April 16 at 8 p.m. and April 17 at 2:30 p.m. in the Pikes Peak Center. Tickets begin at \$12, with military discounts; call 520-7469.

Travel films

The World Horizons Travel Film Series in the

Fine Arts Center theater is "**Maltese Welcome**," April 18 and 19. The film is at 2 p.m. and \$8 tickets are available at the door.

Big Bear Day

Bear Creek Nature Center presents "**Big Bear Day**," April 24, from 9 a.m. to 1 p.m. People of all ages can enjoy interactive presentations about bears and hike the Bear Trail. Children participate in crafts, face-painting and stories. Cost is \$3 per person. The Bear Creek Nature Center is near 21st Street, call 520-6387.

Family Festival Day

Kennedy Center Imagination Celebration presents "**Peter and the Wolf**" at the Pikes Peak Center, 190 S. Cascade Ave., April 18 at 2:30 p.m. The event is free.

Royal Gorge Route Railroad

Ride the historic, scenic railroad through the Royal Gorge during April for half-price. Military members and their families and El Paso County residents show ID and ride for \$13.50 for adults and \$8.50 for children under 12. The train leaves at 12:30 p.m. Saturdays and Sundays. Reservations are suggested; call (888) Rails-4-U.

Sesame Street

Sesame Street Live is at the Pikes Peak Center April 30 through May 2. Tickets begin at \$12. There are some daytime performances. Call the box office at 520-SHOW or Ticketmaster, 520-9090. For more information, go online at www.sesamestreetlive.com.



Photo courtesy Denver Art Museum

Denver Art Museum ...

A special exhibit opened Saturday in the Denver Art Museum, "Painting a New World," is in place through July 25. Tickets are \$9.50 for adults, \$6 for ages 13 to 18 and \$4 for ages 6 to 12. The museum is in downtown Denver; call (720) 913-0075 for information.



Program Schedule for Fort Carson cable Channel 10, today to April 16.

Army Newswatch: stories on suicide intervention, stories from Iraq and a closer look at the Provost Marshal General. Airls at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the Military Sealift Command, cancer research and the USS Crommelin (repeat). Airls at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on the Air Combat Command, North Bay Station in Canada and the continuing role of the Air Force in the Middle East. Airls at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Town Meeting, held monthly, airs at 9 a.m. and 5:30 p.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you wish to have a training videotape shown on Channel 9 only, contact the Training Support Team at 526-5111.

For additions to the Community Calendar, please submit an e-mail to the above address, send a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before the desired airing time.

Six Flags Elitch Gardens joins forces

Amusement park offers discount tickets

by Nel Lampe
Mountaineer staff

For the third year, Denver's Six Flags Elitch Gardens is joining forces with military bases in Colorado and Wyoming.

From noon to 6 p.m. April 17, military members and their families will be admitted to the Denver amusement park with prepurchased tickets costing \$17 each. The tickets must be purchased in advance at Fort Carson's Information, Ticket and Registration office, located in the Outdoor Recreation Building, building 2429.

The ticket also entitles each ticket holder to a free meal — either a barbecue pork sandwich or a hot dog — along with a soft drink and chips. Park refreshment stands will also be open. No food may be brought into the park, but picnic tables are located in the parking lot and a city park is nearby.

The parking lot will be open and an \$8 fee is charged.

"Joining Forces is a special sneak peek before the park even opens to the public," said Tara Tongco, park spokeswoman. "We are honored to host these heroes and give them the fun and excitement they need and deserve."

Elitch Gardens Six Flags has not yet opened for the season, and is open April 17 only to military and family members who have tickets.

Formerly known as Elitch Gardens, the amusement park was a Denver landmark for almost 100 years before being acquired by Six Flags.

The amusement park is located on 58 acres near the Pepsi Center and Colorado's Ocean Journey, with a view of downtown Denver. It is at Exit 212A.



Photo courtesy Six Flags Elitch Gardens

Riders enjoy a ride on the Ferris wheel, left, known as Big Wheel and the Turn of the Century.

More than 40 rides, including several roller coasters: the Mind Eraser, Boomerang and Twister II, will be operating. Several rides appeal to children and families, such as the Tea Cups, Tilt-A-Whirl, Turn of the Century, Big Wheel and Chaos. One of Colorado's five antique carousels is in Six Flags Elitch Gardens.

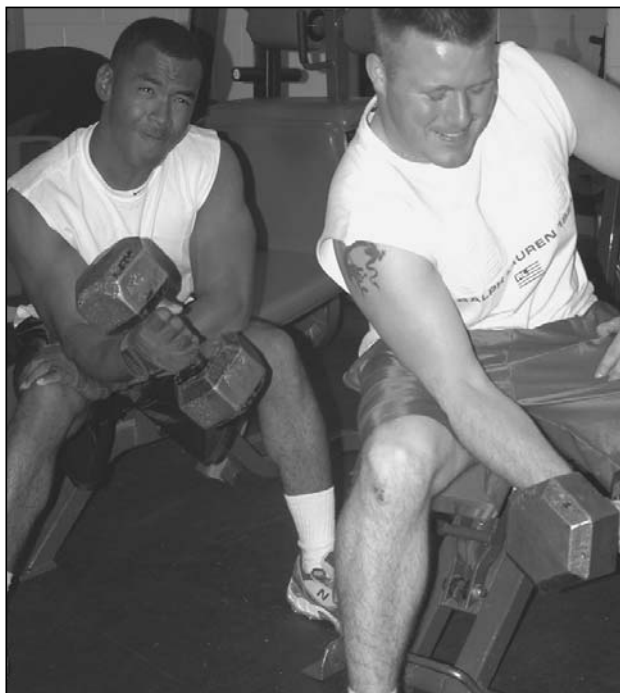
The Water Park doesn't open until May 22, however, Six Flags Elitch Gardens will open for the season April 24, weekends only.

Regular admission at the park is \$36.99 per person taller than 48 inches tall. The price for children less than 48 inches tall is \$20.99. Children under 3 years old are admitted free.

Sports & Leisure

Home style workout

Regiment troops welcome return to Waller



Shawn McClellon, right, and Mark Moyle, assigned to the 3rd Armored Cavalry Regiment, get in some friendly competitive weight training.



Shawn McClellon, standing, helps Robert Hayworth, assigned to the 3rd Armored Cavalry Regiment, with heavy weight training.

by Walt Johnson
Mountaineer staff

Walk into Waller Physical Fitness Center these days and you will see many members of the 3rd Armored Cavalry Regiment working with weights and smiles on their faces.

The smiles come from the combination of being back home and working out in a top facility after close to a year in the desert in Iraq with minimum workout equipment.

During the unit's deployment to Iraq, when they first arrived, Soldiers did not have these type of facilities available at the post fitness centers. To get in their weight training, the Soldiers used makeshift weights. They used simple things like Meals Ready-to-Eat boxes, broomsticks, crowbars and pretty much anything that had weight to

stay in shape.

"Initially, it was tough when we got to Iraq because you wanted to work out but you didn't have the facilities we have here. We got to the point where we did things like run, do push-ups and sit-ups and other athletic competitions between us," Mark Moyle said.

Moyle and Shawn McClellon were in the weight room participating in their daily workout regiment of trying to one up each other. Moyle let it be known who the top lifter is but not without a challenge from McClellon.

"McClellon is trying to get to the point I am," Moyle said with a smile. McClellon quickly shot back, "Right now he does lift more than I do, but I think its a challenge to try to equal what he can do when I'm here."



Anthony Newhart gets in some individual weight training recently at Waller Physical Fitness Center.

On the Bench

Soldiers preparing for upcoming Kit Carson Days boxing activities

by **Walt Johnson**
Mountaineer staff

For all the Soldiers who are returning or have returned from overseas duty, thank you for what you did, what you do and what you continue to do for your country.

When the post holds the first Kit Carson Week activities here in close to three years this June, one of the feature events should be the boxing competition.

Former all-Army boxer Solomon Moore and former World Class Athlete Program coach Lavell Sims are currently running a boxing training camp that is designed to teach post amateur fighters the proper ring techniques.

The training program is open to both men and women who are interested in participating in the Kit Carson Week boxing activities. Training sessions are held Monday through Friday from 6 to 8 p.m. at Waller Physical Fitness Center on post.

The training program is designed for two things, according to Sims. One, to help train and teach fighters the proper fundamentals to use in the ring to avoid injury. Second, it is designed to help the fighters give the post community the best possible matches in the boxing events.

Moore, who has known some success in the ring himself at the post level, said this is a way for him to give back to a sport that has meant a lot to him over the years.

"We have a lot of talented people on post who want to take part in the boxing events at Kit Carson Week. Some of the guys are returning from Iraq and others just need to get in some good training techniques. I made a promise to myself, if I was ever in a position to help someone get better at the game of boxing that I would do whatever I could and this is my way of keeping my promise," Moore said.

The 2004 National Physique Committee's Southern Colorado Natural and Armed Forces bodybuilding/fitness championships are April 17.

The championships are at Doherty High School, 4515 Barnes Road, Colorado Springs. Many members of the Mountain Post, Colorado Springs and Denver military communities will compete. The guest poster for the event is Will Owens, a U.S. Air Force captain assigned to Schriever Air Force Base. Owens was the 2003 NPC Nationals third place winner.

Prejudging for the event will begin at 10

See Bench, Page 43



Photo by Walt Johnson

Toughen up ...

Solomon Moore, right, helps a member of the Mountain Post get ready for the upcoming Kit Carson Days boxing competition at Waller Physical Fitness Center.



Photo by Walt Johnson

"Golf Scramble" ...

Timothy Barrineau was one of many of the post's top golfers who took advantage of wonderful weather to participate in the Commanding General's golf scramble March 30 at the Fort Carson Golf Course.

Bench

From Page 42

a.m. with the finals set for 6 p.m. Tickets for the event are \$10 for prejudging and \$15, \$20 and \$25 for the finals.

For ticket or other information go to www.jefftaylor.com or www.customized-physiques.com.

Baseball fans, get ready for the Sky Sox home opener at Sky Sox Stadium April 16 in Colorado Springs.

The Sky Sox will host the Nashville Sounds beginning at 7 p.m. Also this year, each Monday will be military night with special discounts for active duty, retired, reservists and Department of Defense employees and their families.

For more information on the Colorado Springs Sky Sox, visit www.skysox.com.

The post indoor swimming pool will remain open until May 13.

The indoor pool features many activities, such as family night each Thursday night from 6 to 8 p.m. for only \$4 per family. People can also take advantage of the water aerobics program that runs year-round at the indoor and outdoor pools. The water aerobics classes are held each Tuesday and Thursday from 5 to 6 p.m. The cost for the class is \$1.50. The outdoor pool will be open May 28 through Sept. 6. The hours of operation will be from 10 a.m. to 5:45 p.m.

Additionally, summer swim lessons will begin June 7 at the outdoor pool. The first session will be held from June 7 through 28. The registration dates for the summer swim classes are May 24 through 28 from 8 a.m. to 5 p.m. For more information call 526-3122.

The post indoor soccer team will play its next game April 18 at 3 p.m.

Next week's *Mountaineer* will have full details on the game.

Fitness Feature

Full body tone exercise class ...

Forrest Fitness Center aerobics instructor Cherrie Walker leads a step aerobics class March 30. Walker teaches the class each Wednesday at 5:30 p.m. as part of the Center's six-day-a-week aerobics program.



Photo by Walt Johnson

Mountaineer Intramural Sports

Soccer season in full swing ...

The post intramural soccer season began Monday at the Mountain Post Sports Complex football/soccer fields. Soccer games will be played each Monday and Wednesday at 6, 7 and 8 p.m.



Photo by Walt Johnson

Mountaineer Varsity Sports

Varsity tournament April 17 ...

Fort Carson Aces (the post varsity softball team) head coach Brian Rushing gets in some batting practice recently. The Aces will host a tournament to support, among other charities the Army Emergency Relief Fund April 17 at the Mountain Post Sports Complex.



Photo by Walt Johnson